

REFLECTION

1. What was my expectation?

2. Can I release it and accept what is or how others are rather than how I think they should be?

3. Can I acknowledge my part in the conflict?

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4. Can I see my part in contributing to the situation I am angry about?

5. Will my anger benefit anyone, including me?

6. What is the potential negative impact that anger might have?

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7. How might my anger harm my relationships and undermine my well-being?

8. What does my anger have to teach me